

North Carolina Coastal Seafood Tour Itinerary

Thursday, Feb. 18 (Day 3)

Noon: Local Seafood Summit ends (Slover Library, 235 E. Plume St, Norfolk, Va.)

Noon–12:45 PM: final networking; prepare for departure [*boxed lunch provided*]

1 PM: Depart for North Carolina [*transportation provided; meet at Courtyard Marriott*]

2:45 PM: Arrive Basnight's Lone Cedar Café, Nags Head, N.C.

Speaker(s): Vicki Basnight, fisherwomen and co-owner/co-operator of Basnight's Lone Cedar Café, which serves only North Carolina seafood and mostly from direct off-the-boat sales. The restaurant does its own cutting and processing, as well as practices menu labelling identifying the harvester. As available, Chef Bud Gruninger, executive chef, will speak with the group about his focus on using as much local product as possible including 100 percent local seafood. The restaurant is a member of the seafood branding and education initiative 'Outer Banks Catch.'

3:45-4:45 PM: Tour Wanchese Village working waterfront and Marine Industrial Park

Tour Guide: Sara Mirabilio, a fisheries extension specialist with North Carolina Sea Grant, whose ongoing work includes assisting commercial fishermen and seafood distributors employ market research tools to deliver seafood products desired by consumers. In addition, she provides training on subjects like direct marketing arrangements and business diversification.

Speaker(s): Ryan Speckman and/or Lin Peterson, co-owners/co-operators of Locals Seafood, which works to bring North Carolina seafood direct from coastal fish houses and fishermen to consumers inland, selling at Farmer's markets and with pre-order services.

5 PM: Depart for Hatteras Island, N.C.

6:30 PM: Arrive at the Breakwater Inn, Hatteras, N.C.; check in

The Breakwater Inn is run by a fishing family – the Oden's - and is located on Hatteras Village's working waterfront.

7 PM: Depart for Dinner at Café Pamlico, Buxton, N.C. [*dinner Dutch treat*]

The restaurant is committed to supporting local farmers and artisan food producers first, sustainable resources second, and organic third. View their winter dinner menu here: <http://innonpamlicosound.com/innonpamlicosound.com/images/menu.pdf>

Speaker: Vicki Harrison, owner/operator of Harbor House Seafood, a direct marketing arrangement where husband and son catch much of the seafood that she retails in the market. Vicki also does "value-added," making her own fish cakes, tuna salad and more that she retails in the market.

Friday, Feb. 19 (Day 4)

7:45 AM: Depart for breakfast at the Hatterasman, Hatteras, N.C. [*breakfast Dutch treat*]

The eatery was opened in 1969 by Hatteras Island natives, the Burrus family. Frank and Nancy Miller, the current owners, fell in love with the Island when they vacationed there. Though this might be classified as 'fast food,' this establishment is a real Hatteras Island landmark. View their breakfast menu here: http://www.tripadvisor.com/Restaurant_Review-g49200-d2201979-Reviews-The_Hatterasman_Drive_In-Hatteras_Island_Outer_Banks_North_Carolina.html#photos

9-9:45 AM: Tour Hatteras Village working waterfront

Tour Guide: Sharon Peele Kennedy, part of a fifth-generation Island fishing family, who is the author of 'What's for Supper' and host of a local radio program called 'What's for Supper with Sharon Peele Kennedy.' She wants consumers not to be intimidated by buying and cooking seafood, and so features easy-to-prepare seafood recipes. Now in its sixth year, the radio show spawned the written collection of recipes.

10:15 AM: check out; depart Breakwater Inn for ferry dock

10:30-11 AM: wait Hatteras-Ocracoke ferry line

Note: There is a touristy shopping complex and marina next store where folks could occupy themselves in wandering during the wait.

11 AM: Depart for Ocracoke Island, N.C.

12:15 PM: Arrive at Ocracoke Village, N.C.

12:30–1:45 PM: lunch catered by Eduardo's Taco Stand; gathering place Ocracoke United Methodist Church Fellowship Hall [*cost per person \$12 pp*]

Speaker(s): *Ocracoke Working Watermen's Association (OWWA) board members, as available.*

2-2:45 PM: Ocracoke Seafood Company Tour

Tour Guides: Hardy and Patty Plyler; *As a cooperative, for lack of a better description, OWWA runs the Island's oldest fish house, which includes a retail market wherein they brand their catch as 'Ocracoke Fresh.' Hardy manages the fish house, while Patty manages the retail market.*

3-3:30 PM: Visit OWWA Community Square Exhibit

Tour Guide: Scott Bradley, *chair of both the Ocracoke Sanitary District and Ocracoke Foundation, which is heading up the Community Square Revitalization Project.*

3:30-4 PM: wait Ocracoke - Cedar Island ferry line

Note: There is the National Park Service Visitor Center and Ocracoke Preservation Society Museum near the docks where folks can go to occupy themselves during the wait.

4 PM: Depart for Cedar Island, N.C.

Speaker: Ann Cary Simpson – *a native of Eastern North Carolina –is interim director of 'NC Catch,' a nonprofit organization formed in 2012 to support the work of four local seafood branding and education initiatives that span the North Carolina coast. Simpson will overview the partnership with local Catch groups and speak to their recent focus group and strategic planning exercise.*

6:15 PM: Arrive at Cedar Island, N.C.; drive to Beaufort, N.C.

7-8:30 PM: Tour Core Sound Waterfowl Museum and Heritage Center, Harker's Island, N.C.; local seafood dinner [cost per person \$15]

Tour Guides: Karen Willis Amspacher, *a native of Harkers Island where her family has been a part of the boat-building and fishing traditions of the community for generations. In 1993, she left her teaching career to work for her community as director of the Core Sound Waterfowl Museum and Heritage Center. Additionally, she was instrumental in the formation of NC Catch. Accompanying her will be Pam Morris, also a native of 'Down East Carteret Co.', who works as the collections manager at the Museum. Morris is a former shrimper, founding board member of the local seafood branding and education initiative Carteret Catch, serving currently as president. Both women have been active in fisheries management and policy discussions for the state, serving on many industry and state regulatory boards and committees.*

9 PM: Arrive at Beaufort Inn, Beaufort, N.C.; check in

The Beaufort Inn is a family-run facility located on the Morehead City Channel looking out at a working waterfront.

Saturday, Feb. 20 (Day 5)

7 AM: full breakfast service begins (on own) at Beaufort Inn [*included in stay*]

8:45 AM: check out; depart hotel for Fishtowne Seafood, Beaufort, N.C.

9–9:45 AM: Tour of Fishtowne Seafood; Overview of Walking Fish Cooperative / Community Supported Fishery

Speaker(s): Bill Rice, owner/operator of the retail market Fishtowne, but also, the seafood processor for Walking Fish. Bill will be accompanied by Debbie Callaway, a Carteret Co. native, granddaughter of a clammer, and Walking Fish coordinator and IT support specialist.

10-11 AM: Tour Beaufort working waterfront

Tour Guide: Dr. Barbara Garrity-Blake, cultural anthropologist and author of 'The Fish Factory' about the U.S. menhaden industry, as well as co-author of 'Fish House Opera,' a nonfiction account of N.C. fishing villages told in the voices of commercial fishermen, will provide a walking tour of Beaufort, highlighting such things as the old menhaden factory. Garrity-Blake has served on several state boards, including the N.C. Marine Fisheries Commission and the N.C. Waterfront Access Study Committee. She also organized "Raising the Story of Menhaden Fishing," an oral history research project with the Core Sound Waterfowl Museum and Heritage Center on Harkers Island.

11 AM-noon: FREE TIME

Suggestion: Visit the North Carolina Maritime Museum (315 Front St, free admission), which collects, preserves, researches, documents and interprets the maritime history, culture and environment of coastal North Carolina. Blackbeard and more! Exhibits feature the state's rich seafood industry, life-saving stations and lighthouses, and sailboats and motorboats. The Museum is the official repository for artifacts from Blackbeard's Queen Anne's Revenge, which ran aground near Beaufort in 1718.

12:15–1:45 PM: Lunch at Beaufort Grocery Co. [*lunch Dutch treat*]

Speaker: Charles Park, executive chef and co-owner with wife Wendy, as available, will speak to the group about being a member of Carteret Catch, and why he chooses to serve local seafood.

2 PM: Depart for Norfolk, Va.

6 PM: Arrive at Norfolk International Airport